

Tryout Information

Due to our season starts 2 weeks before school begins, all athletes will be required to be at 2-a-days/tryouts to compete for the 2021 season. Attendance is required at all practices, games, tournaments, and volleyball events. These arrangements need to be made before athletes come to tryouts.

Tryout Dates: August 2nd – 3rd

August 2nd

7:00am – 8:30am (Freshmen)

9:00am – 10:30am (10th -12th)

12:00pm – 2:00pm (Freshmen)

2:30 – 4:30pm (10th – 12th)

August 3rd

7:00am – 8:30am (Freshmen)

9:00am – 10:30am (10th -12th)

12:00pm – 2:00pm (Freshmen)

2:30 – 4:30pm (10th – 12th)

- *Your physical form must be completed and turned into the trainers BEFORE you can participate in any form of tryouts.*
- *It is recommended for athletes trying out for volleyball to participate in the Shadow Creek High School Strength and Conditioning Camp held Mon.-Thurs. at Shadow Creek HS during the summer to be in "season" shape for tryouts/2-a-days. The conditioning done at tryouts/2-a-days is different than the court endurance that comes with just playing volleyball all summer. Athletes should be lifting weights, doing plyometrics, and agilities to be ready for August 2nd .*
- *Bring water!*
- *Please arrive from 6:15am-6:30am on the first day to get checked in on time. You need to start in the training room. We will start at 7am. Remember that this is your first impression for the 2021 season and for freshman for your high school playing career.*
- *For track workout, you do not need to wear volleyball gear. For court tryouts, please wear knee pads*